IF YOU THOUGHT NEWMAN WAS AN EVIL CHARACTER ...

JUST WAIT UNTIL YOU SEE WHAT WAYNE KNIGHT IS DOING ON "EXES." PAGE 18

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Wednesday, June 19, 2013 www.metro.us | t: MetroPhilly | f: MetroPhilly

Coppola isn't going to 'like' you

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'True Blood' star Woll is a box redhead

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Make your salad even healthier

PAGE 28

Pop some tags: Refine thrift finds

PAGE 23

State on the clock for school funding

More than expected. City Council President Darrell Clarke said the city may be able to contribute $74 million, not $60 million, to the school district. **Reliant on Harrisburg.** Will the state pass the increased cigarette tax? PAGE 04

ANY TAKERS?

PAGE 02

The city's housing authority announced that more than 200 blighted properties are up for sale. Why aren't neighbors happy? / CHARLES MOSTOLLER, METRO

1 NEWS

Top 3

Trending online at Metro.us

1 Police: Driver masturbated at red light while watching porn on laptop

2 VIDEO: Watch BMX pro perform breathtaking bike tricks

3 VIDEO: Man rages at Wendy's employees for putting cheese on his hamburger

Local tweet

"Rain rain go away"

@ThatAshlei wants the showers and thunderstorms to take a hike.

Will auctions strike another blow to blight?

PHA. The Housing Authority announced the mass auction of 200 long-vacant properties.

The Philadelphia Housing Authority yesterday announced a one-day auction of 200-plus PHA-owned properties scattered around the city, mainly in the North Philadelphia and Center City areas.

The auction, coordinated by Max Spann Real Estate & Auction Co., is expected to net several million dollars.

"These properties have been vacant for many years, and unfortunately due to budget cuts, PHA does not have the resources to rehab or maintain these properties," PHA President and CEO Kelvin Jeremiah said at a press conference on the 2100 block of North Marston Street, where five properties will be auctioned off. "Therefore, by selling the properties, we will generate badly needed revenue to use on other capital projects while allowing the private market to put these houses back into service."

But residents of the North Philadelphia block, who say they've worked together to keep the street free of the debris attracted by the vacant properties, are skeptical whether they'll reap tangible benefits from the auction.

Hundreds of dilapidated properties will go to auction in the coming weeks. / CHARLES MOSTOLLER, METRO

If you buy

The auction will be held at 10 a.m. July 16 at First District Plaza, 3801 Market St.

- Max Spann will hold three information sessions at Greater Grays Ferry Estates, 1800 S. 32nd St., from noon to 3 p.m. June 26, July 2 and July 9.
- Those interested in a full list of properties can also call 888-299-1438.

Quoted

"Too many of these properties create significant challenges in neighborhoods throughout the city, as well as strains on our budget. We should all hope these properties are purchased and put to good use."

City Council President Darrell Clarke

"It's good because they're building new houses, but what about the people who already live on the block?" said a homeowner who gave her name only as Yolanda. "Are they going to straighten up the block or invest here, fix up the lots or do something for the kids?"

Alina O. said residents have long been working together to clean up the street, absent help from the city or PHA.

"They want more money for their properties. The only thing I want to do is make the neighborhood look better," she said, adding that residents scrambled to clean the sidewalks and lots before the press conference, as no city crews came by to sweep.

Still, Jeremiah noted auction profits will help fund PHA's newly established community development partnership, subsidizing privately owned low-income housing. "It is reassuring to know that as we raise money from the sale of these properties, we are also contributing to the improvement of the blocks where the houses are located," he said.

While Max Spann Vice President Bob Dann admitted there have been in past PHA auctions more buyers looking to develop properties and rent or sell them, he also pointed out that rehabbed homes raise property values for all neighbors.

"Any time they fix up the neighboring houses, it's raising [residents'] property values," he said. "It will also keep the properties from falling down or creating more blight or injuries, so I see it as a great sign we're fixing up neighborhoods, one by one."

But Yolanda remained unconvinced.

"They're going to have on the block brand-new houses, but the rest are going to be raggedy," she said. "It's going to look kind of crazy if there are new houses and the rest are crumbling."

ALEX WIGGLESWORTH
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Tragedy

Man killed on way to work

A man was fatally shot in the head in North Philadelphia as he walked to work yesterday morning.

Police said the victim, 46, was shot multiple times on the 2800 block of North Lawrence Street and died on the scene. METRO

Homicide

Double shooting kills one

One man was killed Monday in a double shooting near 44th and Market streets.

Police said a man, 21, was shot in the side and died shortly before 11 p.m. A second man was shot in the arm. METRO

Yummy

Phils park most veg friendly

PETA has once again named Citizens Bank Park the top vegetarian ballpark in baseball. Key dishes include meat-free chicken steak, faux beef steak, veggie dogs, black-bean burritos and more. METRO

Citizens Bank Park / FILE PHOTO

Gunfire

Man shot in robbery

A man was shot early Tuesday during a robbery on the 5900 block of Tabor Avenue in Lawncrest. Police said the victim, 24, was sitting outside his home when he was shot three times in the buttocks by two men, who also stole his cellphone. METRO

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School district funding left to state lawmakers

Recess. As City Council prepares for summer break, the city budget is expected to pass tomorrow.

State lawmakers are now on the clock.

City Council President Darrell Clarke announced yesterday the council-approved $2 cigarette tax, along with more aggressive tax collections, would raise more than $74 million for the school district. District officials originally asked the city for $60 million.

While City Council did approve the tax, it must be OK'd by the state. Early indications show the tax is expected to face an uphill battle in the state House.

Clarke expressed hope that the tax would pass to help fill the $304 million budget gap.

He said he hopes the tax passes "in a very timely way."

The liquor-by-the-drink tax increase from 10 percent to 15 percent is no longer being considered, officials said.

If state lawmakers do not pass the cigarette tax, Clarke said he can guarantee the school district at least $30 million. Clarke would not discuss a Plan B option if the vote doesn't carry.

No new city taxes can be submitted after July 1, and Council is expected to pass its budget tomorrow, then break for summer recess.

Helen Gym, founder of Parents United for Public Education, said in a statement the group "expected City Council to do everything possible to guarantee the maximum amount of school funds to the district — not to scoot by with the least they can get away with."

"The proposal announced today by City Council President Darrell Clarke is simply not enough," she wrote. "The cigarette tax still relies on Harrisburg approval. Delinquent taxes are not a source of emergency funding."

The business tax referred to as the use and occupancy tax, proposed by Councilwomen Maria Quinones-Sanchez and Blondell Reynolds Brown, could still be in play.

Sanchez, who admitted to uneasiness with business owners over a second straight hike, said she would decide on whether to push the bill tomorrow.

TOMMY ROWAN
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Quoted

"Although there are other school districts that are impacted across the state, none have taken the actions that we've taken over the past 18 months."

Schools Superintendent William Hite said about his plea to the state for additional funding.

One last art hurrah for Nebinger

Nebinger Elementary School students built and designed this mural in partnership with the Philadelphia Magic Gardens and mosaic artist Isaiah Zagar. Student Demetrius Ortiz shakes hands with Zagar, inset, at an event inaugurating the mural yesterday. This may be the last project for students there as arts are facing elimination in the school district's "doomsday" budget.

CHARLES MOSTOLLER, METRO

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PD moves forward with shootings probe

Review. An investigation has been launched into Philly police-involved shootings.

The Philadelphia Police Department is moving forward with Police Commissioner Charles Ramsey's pledge to have an outside agency conduct an independent review of city policies, training and investigations surrounding police-involved shootings, which spiked last year despite an overall drop in violent crime.

Ramsey, along with First Deputy Commissioner Richard Ross and Deputy Commissioner Nola Joyce, met with the federal agency Ramsey asked to conduct the independent review.

Quoted

"We want a fair assessment of what we are doing and how we can improve our training, procedures and practices ..."

Mayor Michael Nutter

The officials discussed the collaborative investigational effort at the U.S. Department of Justice's Community Oriented Policing Services in Washington, D.C., with Associate Attorney General Tony West, COPS Acting Director Joshua Ederheimer and other staff members.

"I want to thank the Department of Justice for this assistance, and the department looks forward to working with the COPS office in addressing this critical issue," Ramsey said in a statement.

A release called the first meeting "just the first step in a process that will last approximately 18 months."

The next sit-down is set for July 10 in Washington, D.C.

A team from the COPS office will then in late July visit Philadelphia for a series of meetings.

ALEX WIGGLESWORTH
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Gruesome

Man charged with castration

Prosecutors yesterday charged Edgar Bonilla, 41, with cutting off the testicles of a paraplegic resident inside an assisted living facility Monday night. Bonilla was arraigned yesterday and is charged with attempted murder, aggravated assault, robbery, burglary, trespassing and theft. He was being held yesterday on $5 million bail. METRO

Indicted

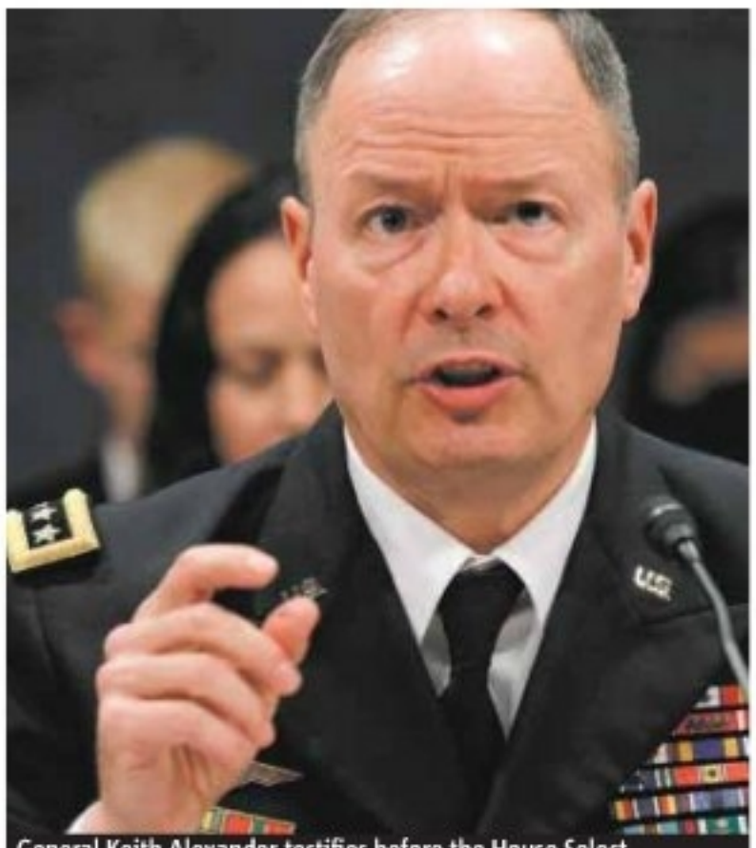
Ex-cop charged

An indicting grand jury yesterday charged former Philadelphia police officer Richard DeCoatsworth with allegedly forcing two women at gunpoint to do drugs and perform sex acts.

DeCoatsworth is charged with rape, trafficking, promoting prostitution, drug possession, witness intimidation and impersonating a public servant. He continues to be held on $60 million bail. METRO

Save the SS United States

Sarah Carley, co-chair of the Philadelphia branch of the SS United States Conservancy, protests at Love Park yesterday. The rally was held by the Conservancy as part of their efforts to prevent the demolition of the historic ship docked in South Philadelphia. / CHARLES MOSTOLLER, METRO



General Keith Alexander testifies before the House Select Intelligence Committee yesterday in Washington, D.C. / GETTY IMAGES

NSA: Data stopped more than 50 acts of terrorism

Classified. The NSA is protecting residents from terrorist attacks on American soil.

General Keith Alexander, the director of the U.S. National Security Agency, said yesterday the NSA's data-gathering programs had prevented potential terrorist attacks more than 50 times since Sept. 11, 2001.

"In recent years these programs, together with other intelligence, have protected the U.S. and our allies from terrorist threats across the globe to include helping prevent ... potential terrorist events over 50 times since 9/11," he said in testimony to the U.S. House of Representatives intelligence committee.

Alexander said the intelligence agencies would give documents about those cases to the committee for its review in a classified setting today, and that he would discuss two thwarted plots during his testimony yesterday. REUTERS

Snowden to Iceland?

Leaker makes an informal approach seeking asylum

Iceland has received an informal approach from an intermediary who says Edward Snowden wants to seek asylum there.

Snowden made headlines after leaking details of a government surveillance program to two newspapers.

In a column in Icelandic daily Fretttabladid, WikiLeaks spokesman Kristinn Hrafnsson wrote that a middleman had approached him on behalf of Snowden.

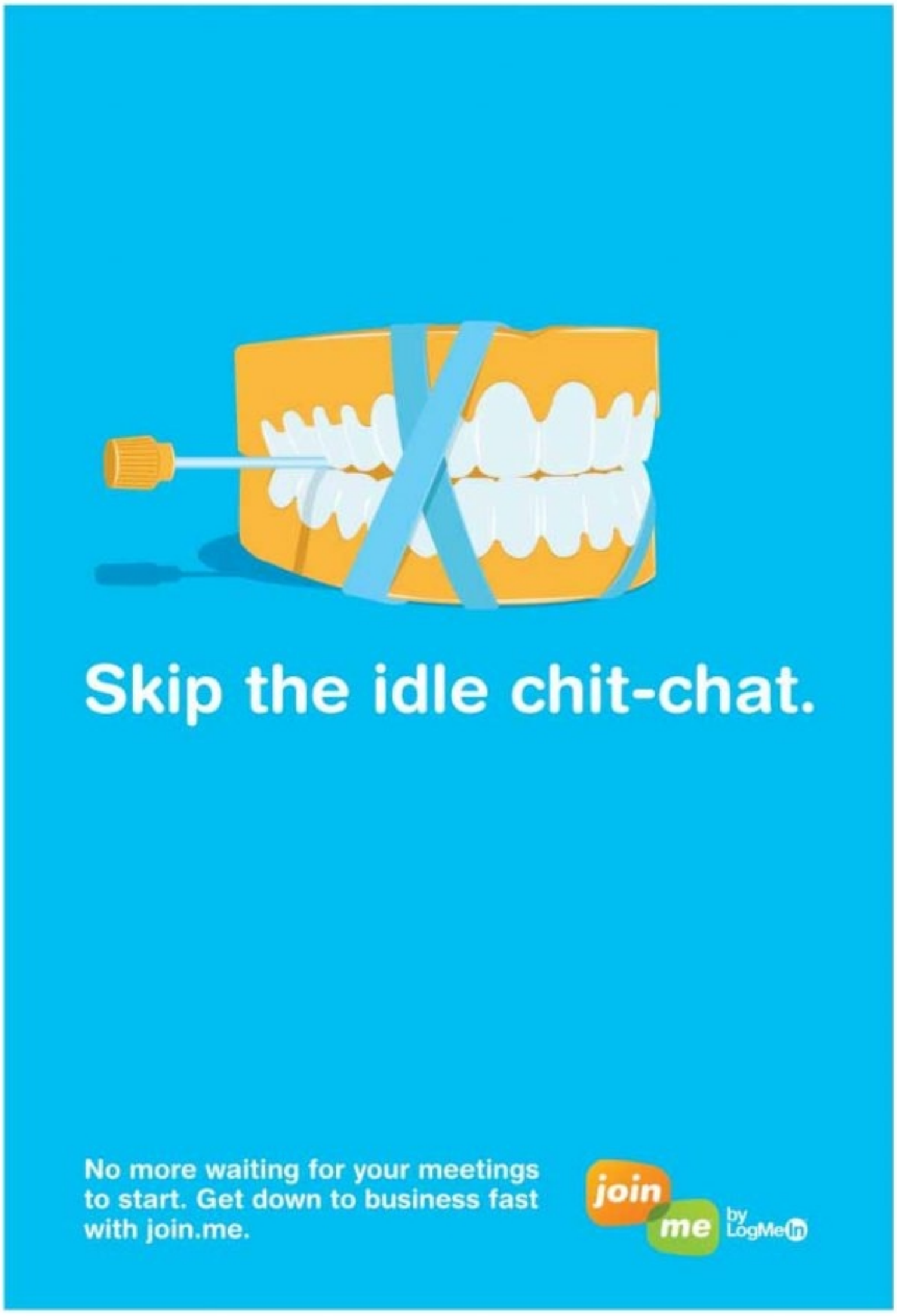
"On June 12, I received a message from Edward Snowden where he asked me to notify the Icelandic government that he wanted to seek asylum in Iceland," Hrafnsson, who is also an investigative journalist in Iceland, told Reuters. REUTERS

US poll. Airports have room for improvement

Consumers are more satisfied with airlines in recent years, but the industry still gets relatively low marks — mainly due to the onboard experience, according to a new poll.

The American Consumer Satisfaction Index found only television and Internet service providers ranked lower. It found that full-service and fast-food restaurants, hotels and shipping companies provided consumers with a better experience. But ACSI said airlines were making progress, with a ranking of 69 on a 100-point scale, the best in two decades. REUTERS

Certain aspects of air travel were rated better than others. / GETTY IMAGES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Rookie teachers woefully unprepared, report says

Classroom. But the study did not typically evaluate the quality of teaching within the training program.

The U.S. teacher training system is badly broken, turning out rookie educators who have little hands-on experience running classrooms and are quickly overwhelmed by the job, according to a report released yesterday by the National Council on Teacher Quality.

The review found "an industry of mediocrity," with the vast majority of programs earning fewer than three stars on a four-star rating scale — and many earning no stars at all.

The council, a bipartisan research and advocacy group, spent eight years developing the methodology, fighting in court to gain access to data and analyzing the information before issuing the report. It contains detailed analysis of 608 colleges and universities with teacher training programs and partial data on 522 others.

Those 1,130 institutions collectively turn out more than 170,000 novice teachers annually, about 80 percent of the new teachers entering classrooms each year. Most of the rest come from nontraditional training programs that are not necessarily affiliated with colleges, such as Teach for America.

Freshly minted teachers "don't know how to teach reading, don't know how to master a classroom, don't know how to use data," said Kate Walsh, the council's president. "The results were dismal." REUTERS

The Obama administration has proposed federal funding for training programs for teachers. / GETTY IMAGES

Nutrition. Starbucks to post calorie labels in stores nationwide

Starbucks will display calorie counts for coffees and snacks at all its U.S. locations starting Tuesday, ahead of a federal requirement that large food chains disclose nutrition information.

The company said yesterday that the labels were meant to encourage health-conscious consumers to further customize orders by opting for sugar-free syrups or nonfat milk over more calorie-heavy alternatives.

"People are already customizing their drinks," said Lisa Passe, a Starbucks spokeswoman.

She added that the coffee company's pastries will also come with a calorie count. REUTERS

Chains

20

The Food and Drug Administration is expected to require chains with 20 locations or more to make similar disclosures nationwide by the end of the year.

Smart and thin

Slimmest smartphone unveiled

China's Huawei unveiled its flagship smartphone, the Ascend P6, at its first stand-alone launch event, underlining its ambitions to compete with Apple and Samsung.

The company says the phone, under a quarter of an inch thick, is the world's slimmest. REUTERS

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US to hold peace talks with Afghan Taliban in Doha

Time. News of talks comes as the U.S. and its allies try to meet a 2014 deadline for an end to combat in Afghanistan.

The United States will meet the Taliban this week for talks aimed at achieving peace in Afghanistan, where U.S.-led forces and insurgents have fought a bloody and costly war for the past 12 years, U.S. officials said yesterday.

The Taliban opened an office in Doha, the Qatari capital, yesterday to help restart talks. It said it wanted a political solution that would bring about a just government and end foreign occupation of Afghanistan.

A senior U.S. official said the talks would start in Doha tomorrow, but President Barack Obama cautioned against expectations of quick progress, saying the peace process would not be easy or quick.

U.S. officials said the process could take many years and be subject to reversals.

"This is an important first step toward reconciliation, although it's a very early step," Obama said after a G8 meeting in Enniskillen, Northern Ireland.

"We anticipate there will be a lot of bumps in the road."

U.S. officials say they hope the meeting will open the way for the first-ever official peace talks between the government of Afghan President Hamid Karzai and the Taliban, which has waged a 12-year campaign to oust him and foreign troops.

The Taliban have until now said they would not countenance talks with the government, which they consider a stooge of the United States and other Western states in the NATO coalition fighting in Afghanistan. **REUTERS**

Quoted

"This is an important first step toward reconciliation, although it's a very early step."

Obama, after a G8 meeting in Enniskillen, Northern Ireland

Gay marriage support high

Most adults in developed countries favor gay marriage or some type of legal recognition for same-sex couples and think they should be able to adopt children, according to an international poll released yesterday. **REUTERS** / GETTY IMAGES

Legislation

House won't consider immigration bill unless GOP backs it

The House of Representatives will not consider immigration legislation that does not have the support of most Republicans, Speaker John Boehner said yesterday, casting doubt on prospects for reform as the Senate prepares to vote on a bill giving millions of illegal immigrants a chance to become citizens.

"I don't see any way of bringing an immigration bill to the floor that doesn't have a majority support of Republicans," Boehner told reporters.

The House is controlled by Republicans, and Boehner determines what legislation gets voted on. The Senate is controlled by Democrats. **REUTERS**

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Pork-infused ammo

Magic bullet against terror?

Security services can now stop listening to our calls, as a simple solution to Islamist terror has been discovered in the form of pork bullets. Idaho-based company Jihawg Ammo is producing ammunition coated with pig-infused paint, believing that fear of contact with the "unclean" animal will discourage terrorists. Keith, a spokesman at Jihawg, told us more.

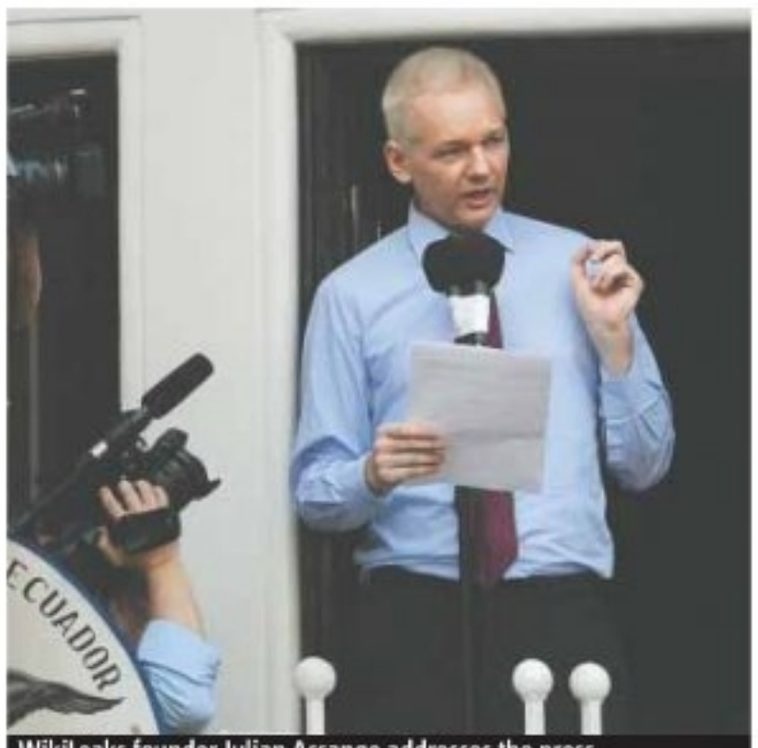
How did you come up with this?
The idea started after hearing about plans for a mosque at Ground Zero, which we thought were inappropriate. We kept coming back to it over time and talking to people in the military, who said that on days when there were swine in the area, there were no attacks by terrorists. We put two and two together and realized it's a natural deterrent, a peaceful answer that saves the jihadists and the victims.

What's the recipe?
It's traditional ballistic paint, but it took a year to figure out how to infuse it with pork. I can't share exactly how we do it — trade secret — but it's a compound of bone, meal and flesh.

What reactions have you been getting?
Web traffic has gone crazy, and we're selling 15,000 units a day. Wal-Mart thought they were cute, but we're mainly selling to locals — they like that it goes against political correctness.

Are you worried about causing race hate?
We can talk about radical Islam without being negative about Islam itself. Two of our group dropped out because they were worried, but if we're attacked, that proves our point. MWN

Assange anniversary: one year in the embassy



WikiLeaks founder Julian Assange addresses the press and his supporters from the balcony of the Ecuadorian Embassy in London on Aug. 19, 2012. / GETTY IMAGES

Quoted

"The time he saves not traveling is devoted to work, and he gets a lot done."
Kristinn Hrafnsson, Acting WikiLeaks chief

Time saved. Confinement has been put to good use, said acting WikiLeaks chief Kristinn Hrafnsson.

Inside the gold-framed double doors, the Ecuadorian Embassy of London is a modest apartment with white-painted walls and simple furniture. Not the most fitting residence for a world-famous hero, or villain.

But since June 19, 2012, WikiLeaks boss Julian Assange has gone from pioneer to captive, forced into hiding to avoid extradition to Sweden, where charges on sexual assault await him. The Australian will be arrested if he steps outside the building, so the jet-set lifestyle has been replaced by a single room and his laptop.

DVD box sets of "The Twilight Zone" and "The West Wing" keep him company, and an ultraviolet lamp replaces daylight. Assange lives nocturnally, according to reports, working until dawn supported by heavy doses of caffeine.

The 41-year-old has not been forgotten, from the crowds outside his window shouting "freedom fighter" to his generous hosts, who have granted him asylum and allowed him to cramp their workplace. Further, celebrity guests from Lady Gaga to Oliver Stone have visited, with British filmmaker Ken Loach donating a treadmill on which the captive runs miles each day.

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2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Elizabeth Banks isn't thrilled about summer, Amanda Bynes is having some work done and Samantha Ronson is frustrated with her social network.

@ElizabethBanks: We all hate swimsuit shopping, right?

@AmandaBynes: I'm in between nose surgeries! My eyes are black and blue because my nose is broken! I can't wait for my nose to be done! I'll share pics!

@samantharonson: If u don't want me to know about your party please send me an invite via Facebook.

Dear Brad: Please cut your hair. Love, Women everywhere

Brad Pitt (or is that a member of The Allman Brothers?) attended the New York premiere of his new movie "World War Z" on Monday night. I think I speak for women (and mothers) everywhere when I plead: Brad, please do something with that hair of yours. You have such a pretty face!

Scott Disick is Patrick Bateman

With his product-coated hair, steely gaze, love of high fashion and dead soul, Scott Disick has channeled Patrick Bateman for years.

Now, fellow Kardashian baby daddy Kanye West is capitalizing on it in a new promo for "Yeezus." Disick portrays the Bret Easton Ellis character in the famous "American Psycho" scene where Bateman listens to Huey Lewis with a friend — with bloody consequences.

Brand divorced via text

Russell Brand apparently divorced wife Katy Perry via text.

"He's a very smart man, a magical man, and I was in love with him when I married him. Let's just say I haven't heard from him since he texted me saying he was divorcing me," the singer revealed in a new interview with Vogue.

And as for her rebound with John Mayer? "It's over," she said. "Beautiful mind, tortured soul. I do have to figure out why I am attracted to these broken birds."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Munn's eyelash problem

In 2012, Olivia Munn announced she suffered from trichotillomania, an anxiety disorder in which the sufferer pulls out his or her own hair. And according to a new interview with Marie Claire, she says that she is still trying to overcome it.

When asked what she's working on right now she replied, "Trying to overcome my social anxiety. ... It's manifested in trichotillomania, a disorder that gives me the urge to pull out my eyelashes."

Chastain doesn't need arm candy

Jessica Chastain wants to keep her personal life personal. "Sometimes when someone asks me about my dating status, I get really quiet," the star tells E! News."Seeing all these interviews with actors talking about loves of their lives and then they break up...you forever have these pictures of you standing on the red carpets."

Right! But that helps when writing about their divorce (see the Brand and Perry item, left).

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LA Film Festival fun

The funny gang

1 "Crystal Fairy" co-stars **Michael Cera** and **Gaby Hoffman** shared a laugh with director **Sebastian Silva** at the film's premiere on Friday.

Model behavior

2 Supermodel **Alessandra Ambrosio** arrived at the "My Little Pony: Equestria Girls" premiere at Regal Cinemas L.A. Live on Saturday.

'Station' star

3 Actor **Michael B. Jordan** was interviewed at the premiere of "Fruitvale Station" on Monday.

Kid stuff

4 Co-stars **Kid Cudi** and **Mckenna Grace** hit up the "Goodbye World" red carpet on Saturday.

Oscar power

5 Academy Award-winning actors **Octavia Spencer** and **Forest Whitaker** also appeared at the "Fruitvale Station" premiere on Monday.

The great Grenier

6 Actor **Adrian Grenier** also worked the red carpet of "Goodbye World."

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Sofia Coppola has now made a fifth feature film, "The Bling Ring." / GETTY IMAGES

Sofia Coppola is not on Facebook

Interview. The filmmaker talks about not judging her larcenous characters in "The Bling Ring."

Once upon a time, Sofia Coppola was synonymous with nepotism gone awry. After getting savage reviews as Michael Corleone's daughter in her own father's "The Godfather Part III," she gradually made a name for herself, becoming the director of such acclaimed films as "The Virgin Suicides," "Lost in Translation" and "Somewhere." Her latest, "The Bling Ring," concerns the true story of teenagers who burgled the homes of celebrities.

Given your own background, how did you connect with this story?
Being unable to relate to the concept of reality TV, my focus was on the teenagers. I tried to imagine why they did what they did, because it all seems a little crazy. At that age, you don't think like an adult. And you don't think about the consequences of your actions, either. … I had to imagine myself at their age in order to understand their group dynamic, the way in which they are influenced by social media. I remember hearing once that there was nothing worse than being humiliated on Facebook. But hey, I'm not on Facebook!

"The Bling Ring" was shot in Los Angeles, as was your previous movie, "Somewhere." But the style is very different.
Aesthetically, my main influence was this universe I was taking on: the way in which these kids take pictures of themselves as "selfies" and post them on Facebook, the way in which things are portrayed in magazines. I watched teen-centric movies, analyzed their behaviors, their traditions, their energy, and how it's all transposed to a world that shifts between glamour and tabloids.

I heard you had some

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First time

Cannes Film Festival

Tell us about the first time one of your movies was in the competition at Cannes ("The Virgin Suicides" in 2001).
I remember my friends used to tell me, "You did your best. Now wait and see." It's always both exciting and scary to be in the competition. I try and not read any reviews, and just carry on with my work.

difficulty gaining access to Paris Hilton's house to shoot some of the scenes.
She did let us film in her house. Her neighbors were the ones against it. We could only take a small team, and we had to sneak inside her house and hide. It was risky — we couldn't get caught, and this was our only option. And no, nothing was stolen!

Does "The Bling Ring" come with a moral?
No, my films never do. I leave it to the public to judge, and for them to be able to make their own minds up. Nor do I want to judge the characters. I wanted to show them in a sympathetic light, and to show some empathy.

Has the way you deal with and direct your cast changed over the years?
I'm a little more confident. I've always been comfortable on my father's sets, so it's an environment that I'm familiar with. I learned a lot from him in terms of improvisation and rehearsals, but I think that I've finally developed my own style. For "The Bling Ring," I wanted the cast to spend some time together before we started filming. You can't always bet on there being chemistry between them. But there was, and they're all friends now.

JEROME VERMELIN
letters@metro.us

Quoted

"I had to imagine myself at their age in order to understand their group dynamic, the way in which they are influenced by social media. I remember hearing once that there was nothing worse than being humiliated on Facebook. But hey, I'm not on Facebook!"
Sofia Coppola

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Ice Cube: Still as cool as ever

Hip-hop legends.
Ice Cube talks his varied career and keeping it real.

Cube and the Kings of the Mic will be at the Roseland Ballroom in NYC tomorrow. For tickets, go to ticketmaster.com. / CHRIS MCKAY, WIREIMAGE

Ice Cube has parlayed a hard-core rap career into an entertainment empire that spans movies, television and product endorsements. But the former N.W.A. member and solo artist known for groundbreaking albums such as "AmeriKKKa's Most Wanted" and "Death Certificate" has no plans to switch up his politically charged style. While mainstream rap drowns in escapist tales of cars, clubs and fancy cribs, he says fans can expect "vintage Ice Cube" on his forthcoming album, "Everythang's Corrupt."

"Everything that you've ever gotten from me, I deliver on this record," he says. "My style is straight street knowledge. I don't really cater to what's going on in hip-hop or what's going on in the industry, so to speak. I just dial in on Ice Cube fans and try to keep them satisfied, and everybody else gotta get in where they fit in. I don't want to have to worry about no program director here or no A&R there. That makes it a drag, and being independent, I can just go in the studio and do what I feel."

While he wraps up his 10th album, the actor, writer, producer and director is in talks with distributor New Line Cinema to close out the "Friday" franchise with final installment "Last Friday."

"We're trying to get it done," he says. "New Line has really been neutered by Time Warner, so they can't do as many movies as they usually do per year. So it's just a fight to get 'Last Friday' on their schedule. They only got three or four movies to do a year, and urban comedy is probably low on the totem pole."

Cube — born O'Shea Jackson — is also working on a feature film about Compton collective N.W.A. that will reunite him with "Friday" director F. Gary Gray. He says the movie could hit theaters by mid-2014, and the cast may include his son O'Shea Jr., a budding rapper who goes by the moniker OMG (Oh My Goodness).

"I want my son OMG to play me. He looks like me and he can act, so he can do it," Cube says. "I just had to meet with [Gray] and Dr. Dre to work on the script and keep getting it tighter and tighter, so we're in the process of casting the movie now, so it's full steam ahead. This N.W.A. movie, it's still my dream. That's what I've been dying to make."

LAUREN CARTER
letters@metro.us

Rap royalty

Ice Cube says Chuck D is like a brother to him. / GETTY IMAGES

Chuck D still on point, Cube says

Ice Cube isn't shy about revealing that his favorite rapper is a tourmate, Public Enemy's Chuck D.

"It's like being on tour with your big brother," Cube says. "He's just one of those dudes who — pound for pound, lyric for lyric — has done the most out of any emcee, because he ain't just rapping no bulls—. ... It's something real. And even when rapping about bulls— is popular, I mean he still stick to what he do. That's great. For artists like myself, and him being one of my peers and me really looking up to Chuck, it's good that he sticks to the script."

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WAYNE KNIGHT

The actor discusses doing sitcoms and being more versatile than his "Seinfeld" image (he hopes).

HELLO, NEWMAN

TV LAND

Wayne Knight's legacy is secure, thanks to two major contributions to 1990s culture: Newman on "Seinfeld" and greedy Dennis Nedry in "Jurassic Park." Knight is back with sitcom work on TV Land's "The Exes," starting its third season tonight at 10:30pm. But like many longtime workhorses, there's more to him, including films, other shows and Broadway. For instance, did you know he was on a 1980s sketch comedy show with Emma Thompson?

What's it like returning to sitcoms?
Basically the nature of the job is equivalent to stealing. Once you've learned how to pilfer, you remember how to do it, it's highly profitable, and it takes little effort. The great thing that TV Land does is it hires veterans. Everybody knows what they're doing. You just feel relaxed.

You've said one thing you like about your "Exes" character is he's a bit opaque, and you can play him in different ways.
This season we get to see a bit more variance. We peel away revelations about what his marriage was like. There's depth to him that doesn't show all the time. There's broadness at times. There's cynicism. It depends on the plot.

Do you consciously try to avoid some of the darker tones of Newman or Dennis Nedry?
That's more in the public's eye than mine. I don't know if I'm as versatile as I'd like to pretend. [Laughs] The thing is, if you play two iconic characters who are evil guys, if you do it well, then that's what people want to see you do. I spent 10 years trying to change that, but after awhile you just go, "Oh, whatever."

Some of your earlier shows, including the 1985 British-American sketch comedy "Assaulted Nuts," with you and Emma Thompson, are now online.
In the era of YouTube, you can find a 1975 colonoscopy of yours. You have no idea what's out there.

One of those shows, "The Edge," from the early 1990s, has a following.
That was an interesting show. It was Jennifer Aniston just before she took off. When we first started doing it, it was during the riots in Los Angeles. We're shooting the pilot, and the city was burning down. So there was a curfew, and the producers said, "We're going to shoot up until the curfew. Then we'll let you go home." So we're shooting this sketch comedy, smoke is rising over the hill. I drove home to Los Feliz and Vermont Avenue was burning like a fuse up my a—.

You were also on Broadway for "Art," written by Yasmina Reza, of "God of Carnage."
"Art" was perhaps my favorite experience on stage. It was very challenging. The script was coming from the French through the British to America. It's almost like you're translating an alien script. The great thing about the play is it's 90 minutes, without an act break. Her plays are incredibly great acting exercises. They're just trampolines that you can bounce on as high as you can go.

Q&A

You started as a serious stage actor.
I came to New York at 23 and was on Broadway for this play "Gemini," which was a comedy. I honed my chops over three years of doing that play. What was fascinating to me was learning how an audience works. You just learn these things about comic timing. And that grandfathers as you go, from one job to another job.

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REALITY

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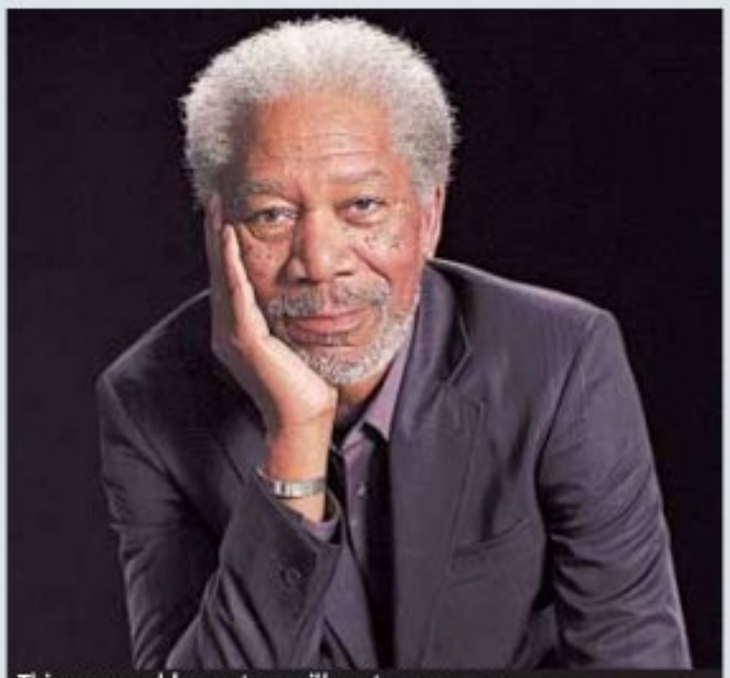

This man could narrate a milk carton. / SCIENCE CHANNEL

REALITY

'Toddlers in Tiaras'

In this episode, the pint-sized pageant girls face off in a "When I Grow Up" pageant — which is the appropriate time to be competing in a beauty pageant. **10 P.M., TLC**

REALITY

'Couples Therapy'

In this episode of the only show about washed-up "celebrities" that is depressing enough to rival "Celebrity Rehab" (or "The Surreal Life," do you guys remember the "Surreal Life"?!), Flavor Flav's incredibly messed-up love life is examined. **10 P.M., VH1**

SCIENCE

'Through the Wormhole with Morgan Freeman'

This is a science documentary series narrated by the Greatest Voice of Our Time, Morgan Freeman. Tonight, he soothes us into submission with that voice while he talks about aliens. **10 P.M., SCI**

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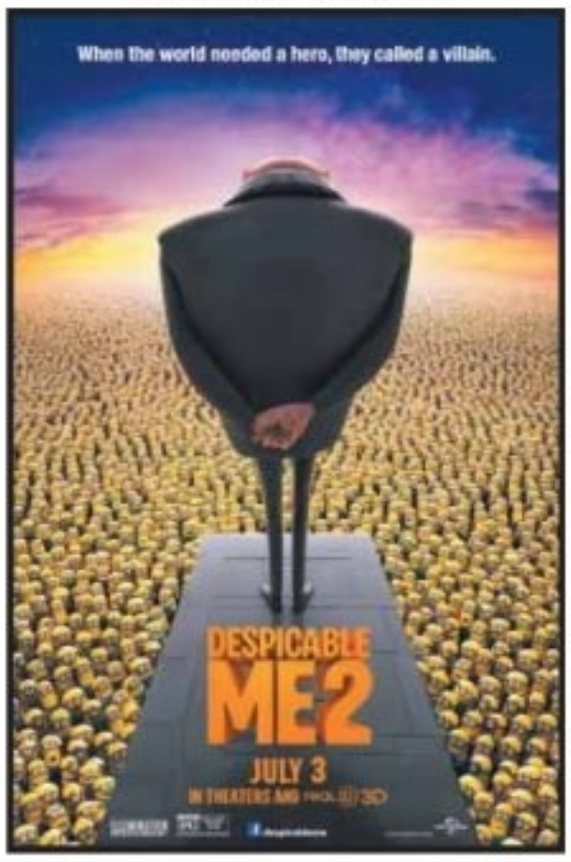

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Conversing with a 'Plate and Shoe'

Theater. The playwright promises raunchy, silly, surreal depth in 14 acts.

Playwright Josh McIlvain has a somewhat unusual writing process. / DEBORAH CROCKER

On any given day, playwright Josh McIlvain has a tad too many projects on his, well, plate. A father of two, McIlvain is the editor of the Philadelphia Fringe Festival Guide, as well as the local lit journal Philly Fiction. And that's only when he isn't running a theater company (Smokey-Scout Productions) and a record label (Mellow Farmer Records). He also fronts an indie band on the side, the Generals of Sexcop.

His latest indie theater offering, "Return of Confessions of a Plate and Shoe," hits Second Stage at the Adrienne this week. It's comprised mostly of new shorts, with a few chestnuts from his New York days thrown in. And the structure of "Plate/Shoe" promises to be nearly as frenetic as his life: 14 surreal one-acts, none more than eight minutes long.

"I get such a charge out of writing a play in a day. I mean, you're always going back and rewriting endlessly but, basically, you know you have something start to finish in one sitting.

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The cast members put on their serious faces. / PROVIDED

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Quoted

"It's about giving myself a chance to throw out all the restrictions. I'm intentionally writing something that literally cannot be staged. And suddenly that frees you up to use your imagination. Some people really get that. Others are like, 'I don't get how the hell a plate and a shoe could talk to each other.'"

Josh McIlvain

There's a lot of power in that," McIlvain says.

Like his past one-act compendiums, "Boat Hole" and "Dear Head," this show promises big heaping, um, platefuls of raunchy comedy, but McIlvain's brand of silliness is always searching for a deeper chord. And, like his previous Fringe shows, inanimate objects are sometimes infused with unwieldy personalities (read: one A-hole plate, and one milquetoast shoe).

"It's about giving myself a chance to throw out all the restrictions. I'm intentionally writing something that literally cannot be staged," he says. "And suddenly that frees you up to use your imagination. Some people really get that. Others are like, 'I don't get how the hell a plate and a shoe could talk to each other.'"

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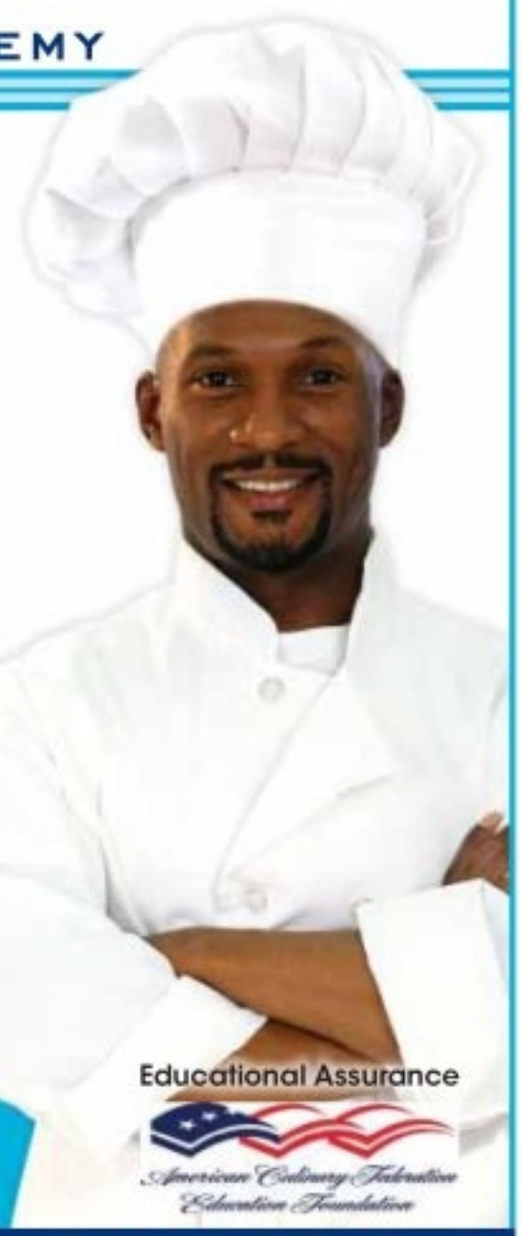

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EDUCATION TOWARDS EMPLOYMENT

Iggy Azalea: 'The New Classic' for rap

Aussie hip-hop. She invited you to taste her Skittles last year, but she's not messing around.

Iggy Azalea's "The New Classic" comes out in September. / WIREIMAGE

Iggy Azalea is a leggy Australian blond bombshell — not exactly the type of person you'd expect to see as the up-and-coming face of hip-hop.

The 22-year-old initially tempted hip-hop kids with smutty lyrics like "taste my Skittles" in a 2011 viral hit and followed up on her success in 2012 by being the first female to make hip-hop magazine XXL's Freshman Class (a big deal in the industry). You may already have picked up that Azalea — real name Amethyst Kelly — is no prude. Visit us online for the full interview: She easily chats about oral sex, "vagina-ry costumes" and drops many f-bombs in the process. It's refreshingly charming rather than trashy, although perhaps parents wouldn't approve.

You've got an interesting look. What's the thinking behind it, and what are your influences?
I like bold prints and fun things like cartoons and movie characters: "Grease," Looney Tunes, "Space Jam," that kind of thing. When it comes to makeup, I have to have a full beat all the time — I call it "drag natural." It's where you have as much makeup as a drag queen, but you try to make it look natural.

Why did you start rapping?
I think I just liked the aggressiveness of it, and I liked that they kind of seemed to be the rebels of all the styles of music. I thought artists like Busta Rhymes, Missy Elliott, 2Pac, Ludacris and OutKast were really cool. I really liked song lyrics, and I wanted to know them all. I find it annoying when song lyrics — including my own — are wrong online.

Are you a perfectionist?
Yeah, I'm meticulous.

How many times do you go over your lyrics? OCD levels?
OCD. It'll take me a few days to even write a song and I listen to it back and there'll be changes on my latest album — but I haven't had time to get in the studio yet.

You use a lot of sexually charged language in tracks like "Two Times" and "Work." Were you the rude kid at school who taught all the other kids about sex?
I was — yeah. I had a club in sixth grade, which was like a rude poetry club. I put out flyers and of course I had my contact information on this, and it found its way back to the teacher and I remember getting called to the principal's office for it.

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DIY furniture makeover

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Decor. Transform a set of chairs or a desk into a work of art.

Before you toss that hand-me-down dresser, Barb Blair suggests you try giving it a paint job. In her new book, "Furniture Makeovers," the artsy designer and founder of Knack Studios arms aspiring DIY-ers with knowledge, courage and easy-to-follow instructions.

"One of the biggest things I hear from people is, 'I'm so afraid to do that to this piece,'" says Blair. "That's what I tried to dispel with the book. I wanted to take away the fear of painting furniture. It takes some time, yes … but it's not rocket science." Here, she shows us how to spruce up curbside mirrors.

TINA CHADHA
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Project: mirror, mirror on the wall

From "Furniture Makeovers" by Barb Blair

Mustard Mirror

- Removed the wooden attachment frame and wood-filled the side holes
- Applied milk paint with a Nylox paintbrush
- Sanded to remove all loose flakes
- Applied a clear wax finish

Gray Mirror

- Lightly sanded
- Applied gray latex paint with a Nylox paintbrush
- Sanded and distressed
- Applied brown wax finish

Green mirror

- Removed the long attachment pieces from the back of the mirror so that the mirror would have a nice straight line on the bottom
- Wood-filled the holes
- Applied Knack custom green paint in latex. ("This is a color that I mixed, and have named it Esme Green after the first piece I used it on," Blair says.)
- Lightly sanded and finished the surface in a brown wax

Turquoise Mirror

- Wood-filled the side holes and applied turquoise latex paint with a Nylox brush
- Sanded and finished the surface with brown wax
- Attached hardware for hanging

Beauty is in the details

"If I'm doing a desk or chest of drawers, I love to line them with a fun paper that coordinates with the paint and the knob. It's nice when you open your drawers and see a pretty pattern. Details are just something I pay a lot of attention to."

Some handy tips

- Use a medium sanding sponge to sand down whatever piece you want to paint, whether it's a dresser, stool or desk. "I prefer sanding sponges over paper because they're easier to hold," says Blair.
- Hit up the Oops paint section at Sherwin-Williams or Home Depot for cheap options. "They always have a section where they mixed the wrong color of paint or the customer didn't like the color once it was mixed, and so a gallon of paint is around $5. Some of my best colors come from the Oops pile."
- "I am pretty particular about my paintbrush," confesses Blair. She uses Purdy nylon brushes for latex paint. "They're really soft, and they make a huge difference."
- And if you're doing a big job, Blair says to roll the flat surfaces with a foam roller. "It's absolutely seamless and smooth."

One more tip

Knobby needs

"For changing out knobs, which I always feel is a must, hit up the sale section at Anthropologie, where you can find great ones for $2 and $3," says Blair. "Hobby Lobby and World Market are other good sources."

PLUS

Q&A

Why should people reimagine an old piece of furniture?

So many people come to me and say, "I've had my grandpa's or grandma's [furniture] in storage for 10 years." And then they see my book and say, "Oh, that's the exact same piece I've had in my attic." And if it's your grandpa's piece and it's sitting in your attic, you're not enjoying it. If you bring it down and DIY it and stick it in your foyer or bedroom and love it, by all means do it.

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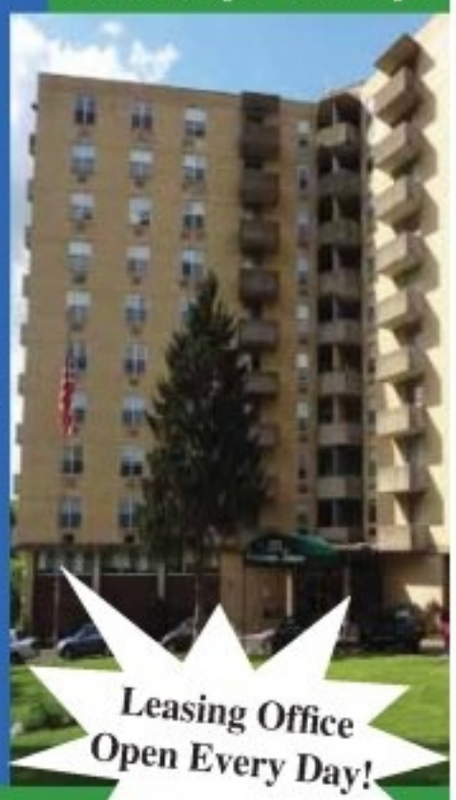

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Point Breeze's hoop dreams

Living. Urban Roots wants to revitalize a section of the city with basketball.

Jeffrey Tubbs has a dream for Point Breeze, and it comes in the shape of basketball court. Tubbs is the founder and president of Urban Roots, one of two local nonprofits involved in revitalizing the neighborhood by creating — the name is a mouthful — Rucker Philly at Ralph Brooks Park. It's a sister spot to the famed basketball court at Rucker Park in Harlem, N.Y., which has been dribbled on by everyone from Wilt Chamberlain to Kobe Bryant and other b-ballers who didn't get their starts in Philly.

Joining Urban Roots is I.am.SP, founded by youth basketball coach Jahmall Crandall. Together they aim to turn a forgotten basketball court into the core of a stronger community.

Two local nonprofits plan to transform this corner in Point Breeze.
PROVIDED

Quoted

"The hope is that the renovated corner will help strengthen the community and provide a place for kids to interact and become a part of their neighborhood."
Jeffrey Tubbs, Founder and president of Urban Roots

According to Tubbs, the project has raised roughly $240,000 so far. "We've been partnering with the Rucker Foundation from New York, and that gives us some real street credibility," he says. The hope is that the renovated corner will help strengthen the community and provide a place for kids to interact and become a part of their neighborhood.

"I think, from a city planning point, we're basically trying to use the court as a hub to address different issues. Some local businesses are not doing great and we're hoping to generate business there. And we are working with leaders in the community to expose young people to the idea of building a successful neighborhood," says Tubbs.

Urban Roots and I.am. SP have plans that expand further than the court. "That's the anchor of this project, but we've been approved to acquire several lots around the court and tot lot," Tubbs says. "We hope to have some accessories there, like an urban farm and a commercial kiosk for fresh produce. Maybe a pop-up business and some workshops."

The entire project has an estimated price tag of a million bucks. If all goes according to plan, though, we can expect to see Rucker Philly at Ralph Brooks Park buzzing with activity by spring of next year.

JULIA WEST
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DEBORAH ANN WOLL

The "True Blood" actress on Jessica Hamby's sexy new style and why she wouldn't glamour away a thing.

VAMPIRE AND VIXEN

Hoyt, Jessica and Jason: Will the saga continue in season 6?
There's certainly some saga with Jessica and Jason. They've been left without Hoyt now. [Hoyt's] in Alaska and he doesn't remember [them]. That part is settled.

Ah, yes, Jess glamoured him. Are there times in your personal life you've wished you could do that?
I don't know if I would want to do that. I already live in fear that there are things I've done that have impacted or hurt other people. I don't even know if I'd want to forget the hurt that I've experienced. I struggled a lot with kids in my school. I endured a little bit of bullying. It was lonely. It was hard to find people who didn't think I was lame. …I wouldn't want to forget anything that has been done to hurt me. But I can understand why Hoyt would want to.

What can you tell us about the new season?
The humans have a lot more information about vampires because they came out of the closet, so a lot of their secrets are being revealed and they know better ways to fight them. You'll see some new weaponry. There's definitely a strong sense of threat. The humans are now able to put themselves on equal footing.

Jessica has gone through quite a style transformation since she first appeared on the show.
You know, I always used to say that until maybe season 5, Jessica was always dressed by the men in her life. In the first few seasons it was Bill, who dressed her how he thought a teenager should look. And then, Hoyt dressed her how he wanted his wife to look. So she never got a chance to experiment with her style. So I liked season 5 because she could choose her own clothes. She got to go out. She had a chance to play with that a little bit.

I remember her wearing a lot of lingerie looks, a lot of fishnets.
I really enjoyed that Betsey Johnson look in the first episode of season 5, when I go to Fangtasia to see Tara and we end up bonding and getting in that fist fight. I loved that fun, punk '80s feel to it. I had these great, pink high-heel boots. They worked for going out, bonding with her best vampire friend and a badass fight.

As you do. Has Jessica influenced the way that you dress off-duty?
I'm about as boring as it gets when it comes to my clothing. I'm a very reserved person so I never want my clothing to be louder than me.

KENYA HUNT
kenya.hunt@metro.lu

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Internet

Google aims to abolish child porn pics with new database

Google announced plans over the weekend to remove child pornography images from the Web by using a new, picture-sharing database.

The program, which the Telegraph reported will be operational within the year, will allow search engines and other Web companies to swap information about images of children being abused or raped. Pictures that have been flagged as inappropriate — especially by child protection companies such as the Internet Watch Foundation — will be cleared from the Web.

At the moment, flagged or earmarked images are difficult to eliminate entirely, given the absence of a Web-standard database. This new program will increase transparency between Web engines and — hopefully — speed up the process of tracking down and universally erasing these types of pictures.

In an e-mailed statement to Mashable, Google Director of Communications and Public Affairs Scott Rubin said, "We have a zero-tolerance attitude to child sexual abuse imagery online. The fight to remove these images from the Internet is a global one, and we hope these measures will help in that important battle."

Mashable
The Social Media Guide

Child porn pics will be banished by Google search engines. MASHABLE

App Appeal

Mobile. We try out a program that's a less annoying Instagram, plus look at talking cats.

Analog Camera

Platform: iOS
Cost: $.99
Genre: Pictures

The big question with the new Analog Camera app is this: How is it not Instagram? Both allow photo junkies to mess up pictures, fresh or old, with retro-styled filters, then clog the Internet with the "work" they made with just a few clicks. A smoother interface is a nice touch. Designed by Realmac Software, who made the attractive to-do list app Clear, it puts all the filters in the middle of the screen, allowing one to better judge what one's doing to the pic before it goes out to the world. There's also no dorky borders. But is that enough?

It wouldn't be, but there's also this: The social media aspect has been downplayed. Yes, there are buttons handy that allow one to pester your Twitter buds with pics that look like they were taken circa 1978. But where Instagram ends with your pictures spreading throughout the Global Village, Analog Camera makes it more of an option. You can just keep your business to yourself, rather than it being in everyone's faces. Alas, it's not completely its own thing: Like Instagram, the filters are kind of similar. And Analog doesn't allow for widescreen vista shots. There's an entire chunk of the smartphone screen going to waste, fellas.

Summation: Instagram is for the oversharing kids, Analog is for the undersharing olds.

Talking Tom Cat

Platform: iOS
Price: Free
Genre: Cats

Though films like "Cats and Dogs" will have us think the former are snooty hellbeasts, the truth is cats are superior to dogs: Smarter, more emotionally complex and far less needy when it comes to waste. Even the cat in Talking Tom Cat is strangely smart. Standing in an alley way, he lets you have your way with him. You can pet his belly and make him purr, give him milk, even give him a live bird. You can also, if you're sadist, smack him in the face and knock him down. There are admittedly limited things you can do with him. (There are other a la carte functions you can get, if spending money on an app about a cat is something you would do.) But one feature offers endless (or somewhat endless) amusement: He repeats whatever you say to him, in a nasal voice.

Summation: It's a passable time-suck.

Analog Camera is like a less sociable Instagram. / PROVIDED

MATT PRIGGE
matt.prigge@metro.us

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wxpn 88.5
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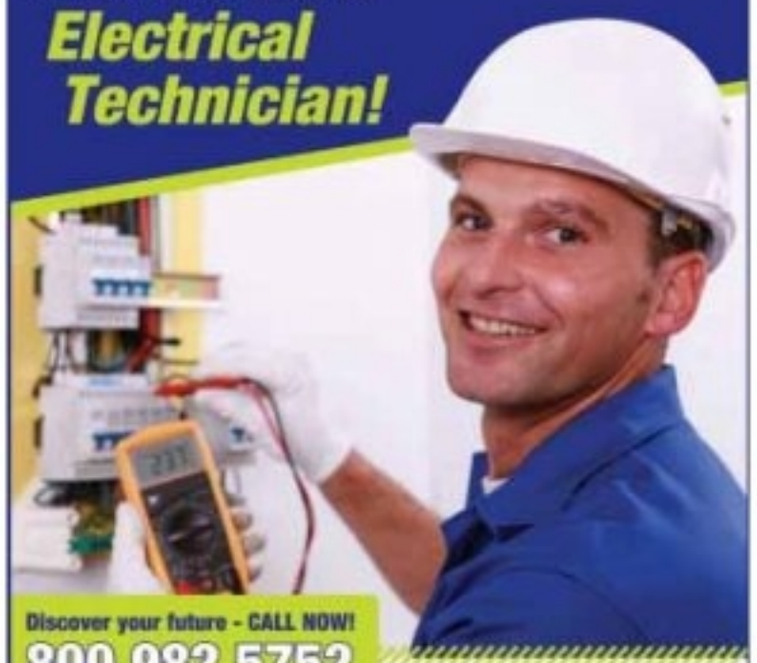

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PTSD not just for war veterans

Mental health.
Could you be afflicted?

Approximately 8 percent of the population — or 25 million Americans — suffers from post-traumatic stress disorder, and it's not just members of the military. Tomorrow is PTSD Screening Day, and to learn more about the condition, we talked to Dr. Mark Rubinstein, a forensic psychiatrist and the author of the upcoming book "Love Gone Mad."

About 60 percent of men and 50 percent of women will experience at least one traumatic event in their lifetime, according to the National Center for PTSD. / GETTY IMAGES, TOP PHOTO GROUP

What are the main symptoms of PTSD?
Before we talk about symptoms, let's discuss events capable of evoking PTSD. The event must be traumatic and must be beyond the range of ordinary human experience. It's typically experienced with a sense of imminent death and with overwhelming fear and helplessness by the victim.

The symptoms involve reliving the trauma during the day with incessant, recurrent thoughts and recollections (flashbacks) in which the person re-experiences the intense feelings that accompanied the actual trauma. Often, there are recurrent nightmares in which all or part of the trauma is relived.

The victim tries to avoid any object or situation that either resembles or symbolizes the traumatic event. If exposed to such a situation, the person will likely experience anxiety that mounts to panic levels. For instance, a person who survived 9/11 might not tolerate seeing an airplane in the sky.

In addition, having survived a catastrophic trauma, the victim often develops a foreshortened sense of the future and feels he or she won't live very long. Often, the victim loses the ability to develop loving or intimate feelings toward another person. There may be nonspecific symptoms such as loss of sleep, poor appetite and withdrawal from social activities, along with feelings of depression, cynicism and despair.

When do people with PTSD usually start noticing they're afflicted? Or can people not even realize it?
There is no one-size-fits-all answer. Some people begin experiencing symptoms immediately. Technically, PTSD cannot be diagnosed until 30 days have elapsed since the trauma. This is because it's considered normal for people to have symptoms following an overwhelming traumatic event — for a defined period of time. After 30 days, the diagnosis can technically be made. The signs and symptoms of PTSD are so overwhelmingly dramatic and life-altering, it's difficult to imagine someone having them and not realizing something is terribly wrong. The person may not be able to define or diagnose exactly what is wrong, but he or she definitely recognizes something is amiss.

What's the difference between PTSD and delayed-onset PTSD?
Delayed PTSD may begin weeks, months or even years after the traumatic event. While this is relatively uncommon, it can occur.

What options for help are available?
Depending on the severity of the disorder, several options are available. The most severe cases of PTSD often require medication and counseling. Today, medicines are available that suffocate most if not all symptoms of PTSD. Over time, the victim encounters situations that either resemble or symbolize the trauma, but does not have an overwhelmingly anxious response due to the medication. In a very real way, the person becomes desensitized to the trauma and can get better. Counseling also helps the person identify triggering situations. EMDR (Eye Movement Desensitization and Reprocessing) has had variable results, and the jury is still out on this technique.

It should be emphasized that most people with PTSD can be helped. But it should also be noted that the disorder can re-emerge years later if another triggering event occurs such as a situation similar, to the one evoking PTSD in the first place. In a sense, the memories of the trauma are never truly erased.

— If you think you might be afflicted, take a free and anonymous self-quiz at www.ptsdscreening.org. METRO

Quote

"Any event experienced as life-threatening or with a sense of impending annihilation can bring on PTSD."
Dr. Rubinstein

Event scope

Must it be a big, tragic event that triggers PTSD, or could a smaller event cause it?

Any event capable of causing a person to feel he or she may lose one's life (or one in which a person witnesses such an event happening to others) can evoke PTSD. Certainly, some traumas are more catastrophic than others, but the basic requirement involves either being a victim or witnessing a situation in which death or serious physical injury occurs or is threatened to the self, to others or to loved ones. Any event experienced as life-threatening or with a sense of impending annihilation can bring on PTSD.

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5 TIPS FOR BUILDING A BETTER SALAD

If you're on a summer mission to eat light and healthy, choosing a veggie-packed salad certainly seems like a no-brainer. But beware — salads can pack more calories and fat than you think. A classic Cobb salad with chopped bacon, egg, blue cheese, avocado and creamy dressing can cost you more than 1,000 calories and 80 grams of fat! For some people, that's more than half their day's worth of calories. With that said, don't give up on salads — just follow these strategic steps and you'll chow down on a slimming and scrumptious meal that fills you up, not out.

Start with a strong foundation

Up the nutrition ante by choosing a base for your salad that provides important nutrients like folic acid, iron, beta carotene and lutein. Nix anemic iceberg and instead go for mesclun greens, baby spinach or a spring mix that includes a variety of dark green lettuces. For less than 20 calories per 2-cup serving, you're already off to a great start.

Pile on the veggies

Take advantage of fresh vegetables and load them on top of your greens — at 25 calories or less per 1/2-cup serving, you can't go wrong. Choose a variety of colors to get the most health benefits — red bell peppers, broccoli, carrots, sugar snap peas, cucumbers and red onions are all great choices. Stick with raw, steamed, grilled or roasted vegetables and steer clear of anything fried or swimming in oily marinades.

Don't forget the protein

Your salad becomes a meal when you add the protein. If you're opting for animal protein, select a lean source such as egg whites, skinless chicken or turkey breast, water-packed chunk light tuna, wild salmon or shrimp. If you're vegetarian or just want to mix it up, choose cubed tofu, beans and/or lentils. Stay away from fatty meats like bacon and salami, and definitely skip anything fried or drenched in heavy sauce.

Dress it up lightly

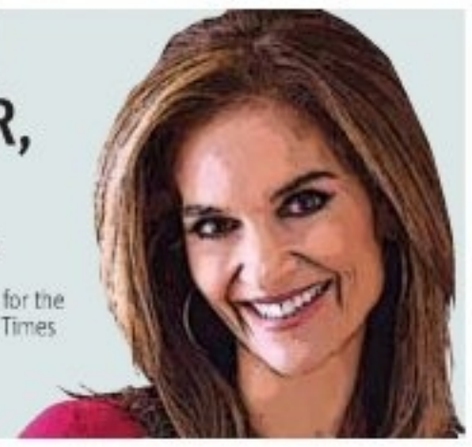
Unfortunately, dressing can take a salad from light and nutritious to ferociously fattening. One tablespoon of your average vinaigrette is about 80 calories, and one tablespoon of creamy ranch is about 100 calories (restaurants use between four and six tablespoons — yikes!). Ask for the dressing on the side when ordering and whenever possible, choose light, low-calorie or low-fat options. You can also make your own light vinaigrette using one part oil and three parts vinegar with some mustard, lemon, 100 percent fruit jam or spices for added flavor.

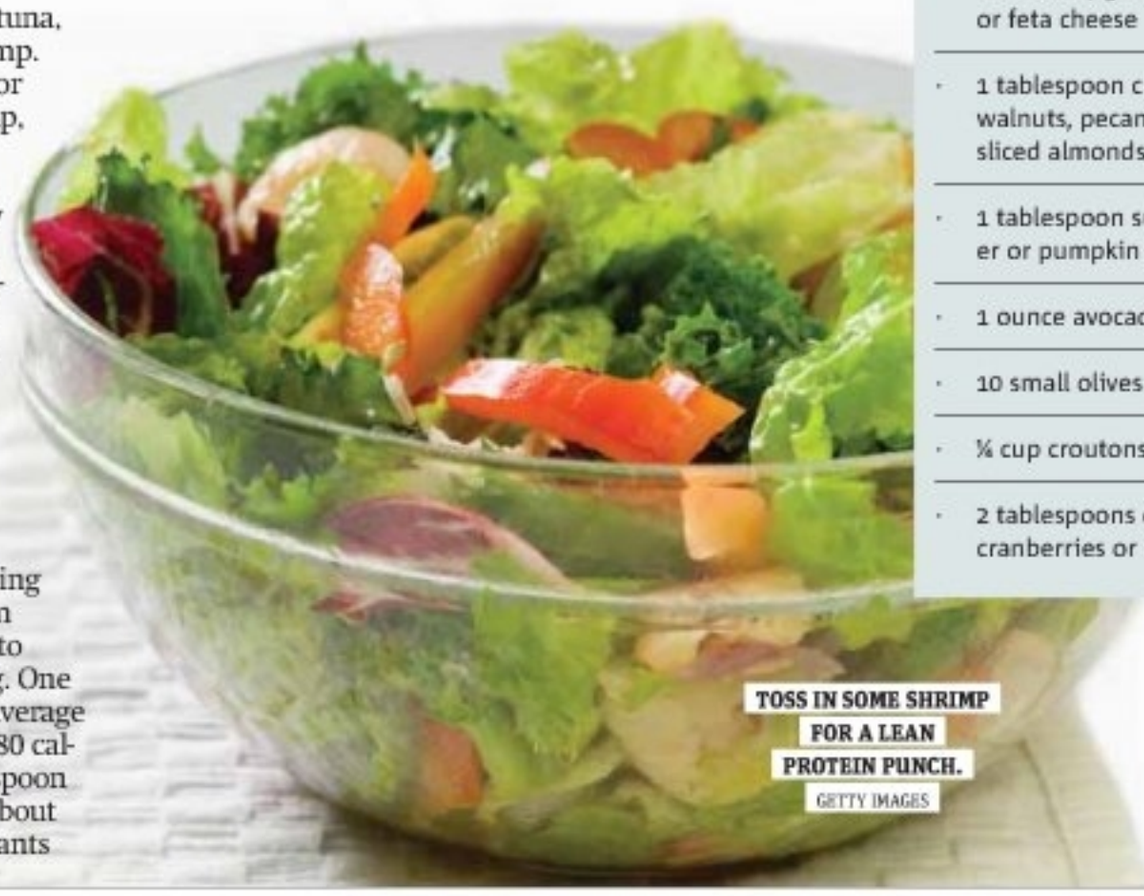
Joy's Healthy Bite

JOY BAUER, MS, RD

WWW.JOYBAUER.COM

Health and Wellness expert for the 'Today' show and New York Times best-selling author.





TOSS IN SOME SHRIMP FOR A LEAN PROTEIN PUNCH. GETTY IMAGES

Top it off

Choose one extra

Extras are those items that typically add another dimension and flavor to your combo of greens, vegetables and lean protein. While some of these extras are packed with nutrients, they're also packed with calories, so they should be added sparingly. Luckily, a little of these high-fat goodies goes a long way, so you won't need more than one of the following (each with between 40 and 70 calories):

- 2 tablespoons cheddar, Parmesan, goat, Swiss or feta cheese
- 1 tablespoon chopped walnuts, pecans or sliced almonds
- 1 tablespoon sunflower or pumpkin seeds
- 1 ounce avocado
- 10 small olives
- ¼ cup croutons
- 2 tablespoons dried cranberries or raisins

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Don't be shady, wear the right sunglasses

Tips. The art of choosing a pair of sunnies goes beyond what looks good on you.

When it comes to eye health, most damage comes from UV light. During summertime, when we spend more time outside, the risk greatly increases.

"Sunlight literally cooks the retina," says optometrist Dr. Rupe Hansra, LensCrafters' senior director of eye care.

30-second lifesaver

In this new weekly section, we'll have an expert give us one easy tip that can change your life. This week's comes from Dr. Linda Franks, medical director of NYC's Gramercy Park Dermatology and spokeswoman for The Skin Cancer Foundation. She echoes the sun safety sentiment.

- "Protect your scalp, face and neck from the sun's harmful ultraviolet rays with tightly woven, wide-brimmed hats and UV-blocking sunglasses."

"Over time, it becomes yellow and hard, and we begin to lose good vision."

Wearing sunglasses year-round protects the retina from damaging UVA and UVB light and can help delay the onset of cataracts, macular degeneration and even basal cell carcinomas on the eyelids.

"The most common part of the body for skin cancer is the tip of the nose," Dr. Hansra says. "The second is the lower eyelid, which is very delicate and susceptible to sun damage."

So how do you choose a good pair? Here are Dr. Hansra's tips:

Just like sunscreen, look for a number

"For eye protection, a label that says UV 400 is what people should look for on sunglasses," he says. Not sure about your glasses' protection level? Your local LensCrafters or optometrist can test the UV prescription.

Size counts

"Typically, bigger is better. Choose large sunglasses that wrap around and block extraneous light coming from the side."

See more at www.metro.us

Blake Lively knows that staying safe in the sun can be fashionable.
LUXOTTICA, LENSCRAFTERS

Get 'em polarized

"For driving, everyone should wear polarized sunglasses to cut down glare, which is related to so many accidents. Polarized sunglasses not only save your eyes but could save your life, too."

LINDA CLARKE
letters@metro.us

More info

What is macular degeneration?

Macular degeneration is the deterioration of the macula, where color and 20/20 vision occurs. Besides UV light, genetics and smoking, obesity hastens its decline: "I always tell patients: What's good for your heart is good for the eye," Dr. Hansra says. "Beta-carotene, omega-3s and, most of all, lutein keep eyes healthy. Lutein is in green, leafy vegetables and most berries."

Pupil pointers

A report from the Healing The Eye and Wellness Center in Florida said that sunglasses harm vision by interfering with pupil dilation, which happens naturally to protect the macula. But you shouldn't worry, Dr. Hansra says.

"When you wear sunglasses, your pupils dilate slightly," he says. "As long as you have sunglasses with UV 400 protection, pupil dilation isn't a concern."

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Horoscope

♊ Gemini | May 22-June 20. Some exciting news is making the rounds among your friends. The buzz is likely to be about you.

♋ Cancer | June 21-July 22. Some confidential information from an unexpected source could come your way. Act on it!

♌ Leo | July 23-Aug. 22. The impression you make on friends today is likely to be so good, everyone will have a feeling that they should be doing something special for you. Don't be surprised if one or two do.

♍ Virgo | Aug. 23-Sept. 22. You should be exceptionally lucky in terms of fulfilling your chosen goals. Take this opportunity to focus on your biggest objectives.

♎ Libra | Sept. 23-Oct. 22. You're likely to learn something important when trying to teach another. Be nice to those who ask for help, and pay attention.

♏ Scorpio | Oct. 23-Nov. 21. Greater returns than what you would normally expect are possible from a sideline endeavor. Review what happens.

♐ Sagittarius | Nov. 22-Dec. 21. You tend to take on the vibes of your associates. A lucky person's fortune could rub off on you.

♑ Capricorn | Dec. 22-Jan 20. Things are changing for the better, and it looks like you're going to get all the help you need for a critical project.

♒ Aquarius | Jan. 21-Feb 18. That tingle you feel in your chest could be a direct hit from one of Cupid's arrows. Things could get rather interesting for you in the romance department.

♓ Pisces | Feb. 19-March 20. Don't stop being hopeful regarding the outcome of an important event. Things are getting back on course.

♈ Aries | March 21-April 20. You'll be particularly good at most anything you take on today. Shoot for the big time.

♉ Taurus | April 21-May 21. Yesterday, you were likely to be better at handling small transactions than large endeavors. Conditions are reversed today, however, so think big.

BERNICE BEDE OSOL

Sudoku: Easy and hard

	3							7
	8	2	3	6		1		
							6	8
	2		1					5
1	6		8		9		3	4
3					4		7	
5	7							
		3		1	6	7	4	
2							1	

		6	9					
2					8	1		6
8				6			5	
	6		2	3				1
5			7		6			9
3				9	1		7	
	7			4				8
1		5	6					7
					9	3		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Lion, to Tarzan
6 Freedom org.
10 Gape open
14 Sing like Bing
15 Dow uptick
16 Author — Wiesel
17 Gives a rating
18 Nick and Nora's dog
19 Vaulted recess
20 Pass near Pikes Peak
21 Downplayed
24 In the middle
26 Perfume essences
27 Sofa end
28 Kind of welcome
30 DeMille movies
33 Made on a loom
34 Buy at auction
37 Vegas rival
38 Spring and ebb
39 Allot
40 Thug's piece
41 Four-door model
42 Cavalry weapon
43 Had the flu
44 Common gull
45 Trill
48 View
52 Rosetta Stone figures
55 Expected any time
56 "Cope Book" aunt
57 Roam about
58 Fountain orders
60 Senate's Harry —
61 Swear
62 Like helium
63 This one, to Juan
64 Oater backdrop
65 Yields territory

Down
1 Use steel wool
2 Really ticked
3 Water-lily painter
4 — choy
5 Grabs the phone
6 One more time
7 Autograph site
8 Diet
9 Not knowing
10 Fermenting agents
11 — Centauri
12 More prudent
13 Must-haves
22 Border
23 Like — — of bricks
25 Baylor site
28 Surfer wannabe (hyph.)
29 Level
30 Work unit
31 Few, to Pierre
32 Motel of yore
33 Extensive
34 Float along
35 Dot in the Seine
36 "The," to Wolfgang
38 Wire
39 Break of day
41 Granary, often
42 Earthshaking
43 Wear off by rubbing
44 Dashboard info
45 Stranger's query
46 Buenos —
47 Send payment
48 "Phantom of the —"
49 Ran in neutral
50 Beyond the fringe
51 Twig-and-mud homes
53 Romance
54 — Saint Laurent
59 Dijon donkey

Yesterday's answer

Letters

Have a little faith in religion

Re: 'What's faith done for anyone?' (Metro, June 18)
Letter writer Amanda Canetti asks a good question. What good is religion? I lament that so many people feel this way — they see wars over religion, they see believers persecuting others — and all because of a "matter of opinion." Yet this "opinion" can and has done lots of good for many. The nasty, extremist voices usually speak the loudest and give religion a bad image, while the loving voices are drowned out. They are there, though, and always will be. Just look around.

ANNIE FERRIS, VIA EMAIL

Wars have historically been fought over resources, even when religion has been used to justify them. Freedom of religion is a right in America. Most religions share the requirement that love and compassion be cultivated and that we not allow our differences to separate us. Amen to that.

LINDA WHITTAKER, VIA EMAIL

Online

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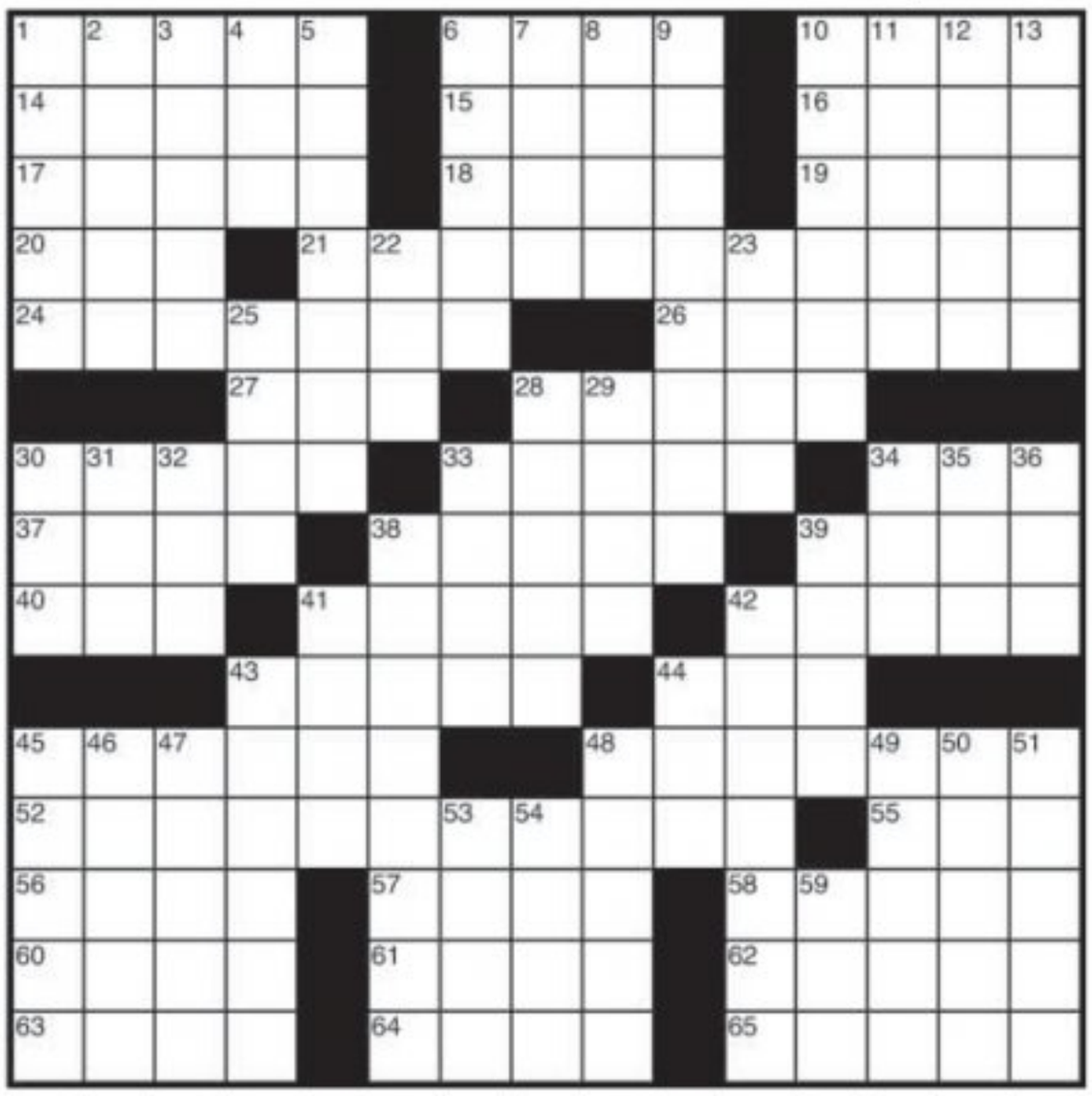

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Iverson says he never stole own children

NBA. Allen Iverson returned his kids to ex-wife, says he never abducted them in first place.

Iverson is not in jail.
GETTY IMAGES

Allen Iverson is in the clear.

One day after a report accused Iverson of kidnapping his own children, the former Sixers star denied everything.

"They say I stole my kids? That's what they say?" Iverson told 11Alive, a TV station in Atlanta. "If that's what you believe and people think I'm crazy enough to do, then so be it. I ain't never treated fairly, don't expect to be."

TMZ clarified Monday's report saying that his ex-wife, Tawanna, had full access to the couple's five kids while staying at a hotel in Georgia. Originally, it was thought that Iverson had abducted them — and Tawanna had filed court documents against Iverson.

Both parties testified in court and a judge decided that Iverson didn't deserve to be thrown in jail, according to TMZ, despite Tawanna's request before the hearing. The kids have been returned to their mother.

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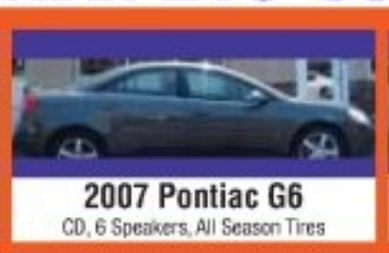
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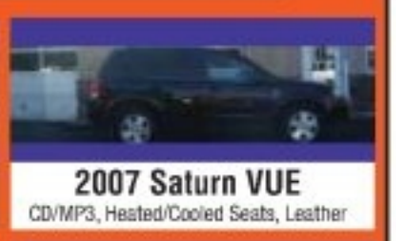
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Phillies. Ruiz back in lineup, Utley inching closer to rehab work

Good news, Phillies fans: Carlos Ruiz is back.

The injured catcher was activated yesterday from the disabled list. He started behind the plate and batted eighth for the Phillies. To make room, the team optioned catcher Steven Lerud to Triple-A Lehigh Valley.

Ruiz, who was dealing with a right hamstring strain, had been on the DL since May 21. He had been scheduled for a rehab assignment in Reading. Ruiz missed the first 25 games due to a drug suspension. He has appeared in just 16 games this season, while batting .235 with two doubles and two RBIs.

On Monday, the Phillies said Chase Utley is expected to make a rehab assignment in the next few days. Utley is dealing with a strained oblique muscle. There was still no update on Utley's status at press time. METRO

Sabotage?

Phanatic's ATV victim of weird prank

Did Jayson Werth cause the Phillie Phanatic's ATV to break down?

The former Phillie was messing with the lovable mascot Monday night when his cart wouldn't start. Last season, Werth stole the keys. If you haven't seen the video, check it out on MLB.com. The Phillies beat the Nationals, 5-4, on Dom Brown's walk-off hit. METRO

Werth can't stop hearing it from Phillies faithful

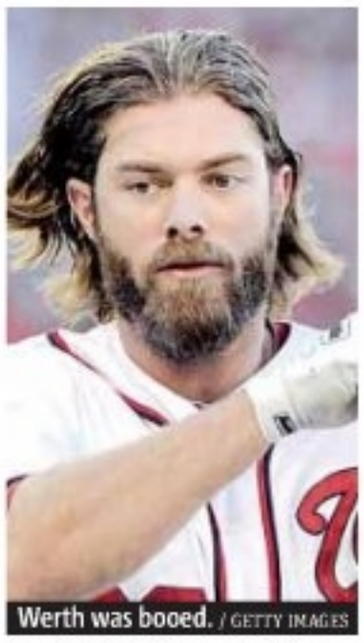
MLB. Fans have utter distaste for the right fielder, even after he helped win a World Series in 2008.

The way Phillies fans boo Jayson Werth, you would think he cost them a championship. But the opposite is true. Werth helped the Phillies win the 2008 World Series.

Apparently fans have issues with Werth leaving for the Nationals after he signed a $127 million deal. Maybe some of the vocal faithful are upset about Werth's disgust after fans taunted him when he broke his wrist last season in D.C.

"After walking off the field feeling nauseous, knowing my wrist was [broken] and hearing Philly fans yelling, 'You deserve it,' and, 'That's what you get,' I am motivated to get back quickly and see to it personally those people never walk down Broad Street in celebration again."

Can you blame Werth for firing back after being kicked while he was down? The reality is that Werth knows that most Phillies fans still appreciate his efforts.


Werth was booed. / GETTY IMAGES

"I'm aware that many, many Phillies fans like what I did when I played for the Phillies," Werth said. "I won a championship here. I had some of my greatest times ever playing the game right here in Philadelphia. You don't ever forget that."

The guarded Werth isn't easy to get to know, but once you do, you're privy to provocative and often humorous commentary — "I am who I am," he says.

In August 2010, a Sports Illustrated scribe tried and failed to build a rapport with Werth, who got testy with the writer. When I asked Werth what he thought of the story, he laughed. "I didn't read it," Werth said. "Who cares?"

When Werth returned to Philadelphia as a National in April 2011, he was detailing highlights from his life-changing winter when two Phillies beat writers interrupted.

"Can't you see I'm talking to someone?" Werth growled.

"I just wanted to tell you where to get the best slice of pizza in Washington," the frazzled writer uttered.

Werth just shook his head.

"Do they really think I'm going to go out and get a slice of pizza in D.C.?" Werth said.

"No," Metro jumped in. "They think you're going to buy the chain."

Werth laughed.

We can't help but miss Werth's caustic sense of humor, blunt responses and music views.

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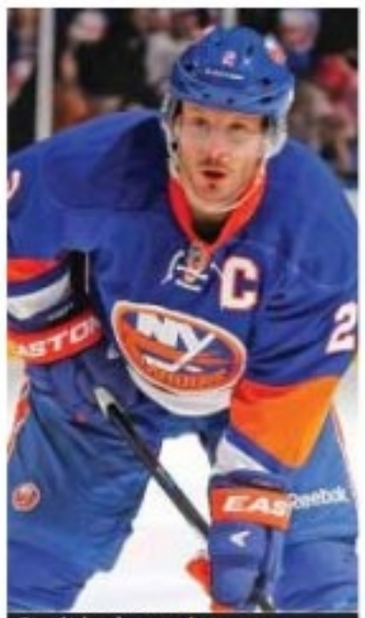
Flyers. Orange and Black reportedly ink Streit to extension

Mark Streit has agreed on a four-year contract extension with the Flyers, five days after the Orange and Black traded for his rights. The deal is worth a reported $21 million with an average annual cap hit of $5.25 million.

The Flyers can't make the deal official until they cut the cap, according to CSNPhilly.com, likely by exercising an amnesty buyout on Danny Briere.

Goaltender Ilya Bryzgalov is also a candidate, but the team would likely hold on to him until they can negotiate a trade for another goaltender.

"We continue to have talks with Mark's agent. Although there is nothing to report, we remain confident that we will get something done," GM Paul Holmgren said in a statement.



Streit had 27 points in 2012-13. / GETTY IMAGES

The Flyers gave up prospect Shane Harper and a fourth-round pick in the 2014 draft to obtain Streit.

The 35-year-old defenseman played for the New York Islanders last season, leading them in scoring with 27 points.

MIKE GREGER

Kings ransom? Flyers talking to L.A. about Bernier

The Flyers are making a push to acquire Kings backup goalie Jonathan Bernier, according to reports. The 24-year-old has played in 62 games with a 2.36 goals-against average and .932 save percentage. Bernier is considered the best young goalie available.

GETTY IMAGES

Blackhawks

Hossa likely for Game 4

Marian Hossa will likely play in Game 4 of the Stanley Cup Final tonight, according to Chicago coach Joel Quenneville. METRO

Bruins

Line change is working

The Bruins won Game 3, thanks to a new third line (Chris Kelly, Daniel Paille, Tyler Seguin). Paille had the game-winner. METRO

Red Wings

Datsyuk reups in Detroit

Pavel Datsyuk will agree to a three-year extension with the Red Wings. The deal is worth a reported $22.5 million. METRO

Senators

New name in Ottawa

The Senators have changed the name of their stadium to the Canadian Tire Centre. The arena will switch on July 1. METRO

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Legal Notices

Citation Surrogate's Court, Monroe County The People of the State of New York

By the Grace of God Free and Independent To: Florence L Smith, 1542 Norton St. Rochester, New York 14621 Geraldine M. Zientara, 263 Aragon Ave, Rochester, New York 14622 Unknowns (whose names and where abouts are unknown), hereby intending to designate the distributees of the Estate of Eugenia Boguslaw, If living, but if dead, their legal representatives, assigns, and all other persons who by purchase, inheritance or otherwise have or claim to have an interest in the Estate of Eugenia Boguslaw.

A petition having been duly filed by Frank B. Iacovangelo, Esq. Monroe County Public Administrator who is/are domiciled at 10 Autumn Wood, Rochester, New York, 14624. YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, Monroe County, at 99 Exchange Blvd., Room 533, Rochester, New York on July 16, 2013 at 9:30 o'clock in the Forenoon of that day, why a decree should not be made in the estate of Eugenia Boguslaw lately domiciled at 2044 Portland Ave, Rochester, New York 14167 in the County of Monroe, New York, granting Letters of Administration upon the estate of the decedent to Frank B. Iacovangelo or to such other person as may be entitled thereto.

Gallo & Iacovangelo, LLP
39 State Street, Ste 700,
Rochester, New York 14614

Note: This citation is served upon you as required by law. You are not required to appear. If you fail to appear it will be assumed you do not object to the relief requested. You have a right to an attorney- at-law appear for you.

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